

## YES ATHLETICS - CROSS COUNTRY



### CCCNYS NATIONAL QUALIFYING MEET

- DATE:** Sunday, November 8, 2015
- TIME:** Registration will start at 11:30 am and continue until 3:00 pm with the first race starting at 1:00 pm. A rolling schedule will be followed. The 6 - 8 and 9 & 10 girls and boys will be combined. Course walk will be at 12:20pm.
- LOCATION:** Garnett Country Club; Garnett, KS.
- DIRECTIONS:** From 169 Highway take Park Road Exit West. Then go to North Lake Road and turn right at Rec Center. On 31 Highway from Harris, go straight East on Park Road. Then go to Rec Center and swimming pool and turn left. On 59 Highway turn East on Park Road, go to Rec Center and turn left.
- COURSE INFO:** Rolling hills with excellent footing. Refreshments and restrooms will be available.
- YES Athletics MEMBERSHIP:** All athletes must have a 2015-16 YES-Athletics Membership Card to participate. This card may be purchased [here](#) or at registration for \$10.
- ENTRY FEE:** \$10 per athlete.
- AWARDS:** Individual awards will be awarded to the top 15 finishers in each race.
- NATIONAL QUALIFIERS:** To qualify for the National Meet an athlete must finish in the top 20 of their age group or his/her team must finish in the top 3.
- NATIONAL MEET:** The CC Coaches National Youth Championship Meet is November 21<sup>st</sup>, in Lexington, KY.
- | AGE DIVISIONS:<br>(GIRLS & BOYS) |           |  | RACE LENGTH |    |           |
|----------------------------------|-----------|--|-------------|----|-----------|
| 6                                | Born 2009 |  | 2K          |    |           |
| 7                                | Born 2008 |  | 2K          | 8  | Born 2007 |
| 9                                | Born 2006 |  | 3K          | 10 | Born 2005 |
| 11                               | Born 2004 |  | 3K          | 12 | Born 2003 |
| 13                               | Born 2002 |  | 4K          | 14 | Born 2001 |
- RACE ORDER:** 6-8, 9&10, 11&12, 13&14. Girls first followed by the boys.
- MEET HOSTS:** Brocaw Blazers
- MEET DIRECTOR:** David Ramsey  
(816) 365-7938
- NOTES:** You must bring a **copy** of your birth certificate, driver's license, or passport in order to officially enter.

**IMPORTANT INFO:** There will be no pre-registration. Athletes are encouraged to be ready to register at least one (1) hour before their race. A rolling schedule will be followed but each race should take about 25 minutes to complete. This means that the 8&9 girls and boys will race at 1 p.m., the 9&10 girls and boys will race at 1:15 p.m. and the 11&12 girls will start around 1:40 p.m. followed by the 11&12 boys at about 2:05 p.m. The 13&14 girls will start around 2:30p.m. and the 13&14 boys will start around 3:00p.m. **Please note that all high school runners automatically qualify for the national meet but must register for the national meet with their club team.**